

34th Annual Barry 40 Mile Track Race

Sunday 1st March, 2020

Official Result

1. Michael Taylor M38	St Neots Riverside / RAF	3:53:04
2. Andrew Siggers M40	Kenilworth Runners	4:05:44
3. Adam Stokes M35	Bristol & West	4:07:19
4. Jez Bragg M38	Twemlow Track Club	4:18:42
5. Andrew Savery M37	Leamington	4:20:40
6. James Elgar M35	MMRT	4:23:20
7. Sam Richards M27	Pontypridd Roadents	4:34:54
8. Barry Miller M39	Poole AC	4:43:48
9. Rob Kestin M33	Port Talbot Harriers	4:43:03
10. Jeremy Mower M54	Gloucester AC	4:54:29
11. Matthew Ryan M44	Unattached	5:10:37
12. Dave Coles M60	Les Croupiers	5:18:47
13. Stu Wilkie M40	Hogweed Trotters	5:41:02
14. Helen James F47	100 Marathon Club	5:41:34
15. Chris Carver M56	Otley AC	5:44:13
16. Rachel Bowen F42	Lliswerry Runners	5:54:03
17. Steph Wilson F41	Pudsey & Bramley AC	5:55:11
18. Izzy Cairns F41	<u>Tynebridge Harriers</u>	<u>6:46:24</u>

4th Annual Barry Marathon Track Race

Official Result

1. Veronica Singleton-Lawley F59	Les Croupiers	3:55:52
2. David George M51	Les Croupiers	3:59:56
3. Ivan Field M56	100 Marathon Club	4:35:19
4. Loretta Daley F54	Les Croupiers	4:58:37

To view Paul Stillman's albums containing many excellent shots of our event, please click on the link below

https://www.flickr.com/photos/les_stills/albums

40 Miles - Split Times Analysis

Athlete	5 Miles	10 Miles	15 Miles	20 Miles	25 Miles	30 Miles	35 Miles	40 Miles
1. Michael Taylor	29:13	58:22	1:27:26	1:56:33	2:25:33	2:54:40	3:23:47	3:53:04
2. Andrew Siggers	30:13	1:00:31	1:30:21	2:00:28	2:30:49	3:01:50	3:33:08	4:05:44
3. Adam Stokes	30:45	1:01:51	1:31:49	2:01:58	2:32:29	3:03:41	3:35:30	4:07:19
4. Jez Bragg	31:45	1:03:35	1:35:21	2:06:57	2:38:19	3:12:05	3:45:11	4:18:42
5. Andrew Savery	30:13	1:00:31	1:30:53	2:01:37	2:33:16	3:06:22	3:42:40	4:20:40
6. James Elgar	31:53	1:03:26	1:34:24	2:06:17	2:43:44	3:17:58	3:51:40	4:23:20
7. Sam Richards	31:24	1:03:26	1:34:26	2:06:20	2:42:00	3:19:30	3:56:06	4:34:54
8. Barry Miller	34:07	1:08:52	1:42:09	2:15:12	2:49:23	3:25:15	4:03:34	4:43:48
9. Rob Kestin	33:28	1:06:47	1:40:19	2:13:48	2:48:59	3:27:45	4:06:07	4:44:03
10. Jeremy Mower	33:01	1:07:05	1:42:13	2:18:38	2:54:34	3:33:43	4:13:06	4:54:29
11. Matthew Ryan	37:41	1:14:02	1:50:40	2:27:50	3:04:53	3:44:48	4:26:14	5:10:37
12. David Coles	37:01	1:14:43	1:52:38	2:30:52	3:10:04	3:50:50	4:33:50	5:18:47
13. Stu Wilkie	36:06	1:12:20	1:48:57	2:29:49	3:16:45	4:03:44	4:52:29	5:41:02
14. Helen James	42:36	1:25:30	2:07:51	2:50:32	3:32:55	4:15:40	4:58:22	5:41:34
15. Chris Carver	39:12	1:19:22	1:59:36	2:40:00	3:22:22	4:07:15	4:55:25	5:44:13
16. Rachel Bowen	41:57	1:24:55	2:07:50	2:50:53	3:36:00	4:21:00	5:07:40	5:54:03
17. Steph Wilson	39:20	1:18:41	1:59:02	2:41:37	3:27:28	4:16:27	5:06:48	5:55:11
18. Izzy Cairns	42:06	1:26:48	2:13:08	3:05:04	4:00:40	4:56:43	5:52:40	6:46:24

19 Entries accepted

18 Starters

18 Completed the 40 Miles

Marathon - Split Times Analysis

Athlete	5 Miles	10 Miles	15 Miles	20 Miles	25 Miles	Marathon
1. Veronica Singleton-Lawley	44:03	1:27:48	2:10:45	2:55:43	3:43:53	3:55:52
2. David George	44:53	1:29:40	2:14:26	3:01:18	3:49:34	3:59:56
3. Ivan Field	47:31	1:38:16	2:31:57	3:25:00	4:21:49	4:35:19
4. Loretta Daley	47:23	1:39:44	2:36:10	3:39:47	4:46:16	4:58:37

4 Entries accepted

4 Starters

4 Completed the Marathon

WELSH ULTRADISTANCE CHAMPIONSHIP

The race incorporated the 31st edition of the Welsh Ultradistance Championship. After a few fallow years, the 2019 championship proved to be the most successful for years, with a Welshman winning the race for the first time since 2006.

This time there were six entries (including one lady) and six finishers. It's always a good sign when the defending champions return to defend their titles. James Elgar was an impressive winner last year, particularly given the gale-force conditions. He was confident of running considerably faster, especially having reduced his Ironman PB to 8 hours 56 minutes in the last year. However, the entry of Sam Richards was intriguing having won the Brecon to Cardiff 43 mile trail race so impressively 3 weeks previously. The fast-improving Rob Kestin, sixth in that event, couldn't be discounted either.

In the event, Elgar and Richards were closely matched for a long time. Only in the final quarter did James's advantage become decisive, and an excellent repeat championship secured. Sam Richards clearly has a bright future in this type of event, though this race was probably too soon after the previous one. Rob Kestin was also impressive particularly as a relative newcomer to the sport. He also set a new Port Talbot Harriers club record, with previous holder and past Welsh champion Tony Holling cheering him all the way.

Fourth placed Jeremy Mower has been a model of consistency for many years now, and finished scarcely a minute outside his own Welsh over 50 record. Dave Coles in fifth was also delighted with his run as part of his preparation for an emotional return to the Comrades Ultramarathon in June after 34 years. His finishing time of 5:18:47 was virtually identical to his last Barry 40 six years ago, and represented a new Welsh over 60 record by half an hour.

Rachel Bowen (Lliswerry Runners) entered this event after an encouraging run in the Barcelona Half marathon two weeks previously. She defended her title and matched her 2019 performance to within a handful of seconds.

Welsh Men's 40 Mile Championship

1. James Elgar M35	MMRT	4:23:20
2. Sam Richards M27	Pontypridd Roadents	4:34:54
3. Rob Kestin M33	Port Talbot Harriers	4:43:03
4. Jeremy Mower M54	Gloucester AC	4:54:29
5. Dave Coles M60	Les Croupiers	5:18:47

Welsh Ladies 40 Mile Championship

1. Rachel Bowen F42	Lliswerry Runners	5:54:03
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AFTER THE STORM - CAME THE RECORDS

February had been a particularly rough month, weather-wise. Each weekend there seemed to be more heavy rain and gale-force winds. On the eve of the race we were subject to yet another storm. Would it calm down in time? Even around 8.30AM on race day there was a cloudburst, thankfully short-lived.

We had an exceptional field on paper this year. 23 entries, 19 of them in the 40 Miles, was the largest for some time. The scheduling of the UK Champs / Anglo Celtic Plate 100 km for 16 May had a huge impact, with many athletes coming to Barry in the hope of impressing the selectors. With the single withdrawal of Grant Jeans through a last minute injury (whilst promising to return in 2021), 22 athletes turned up to race.

The initial lap is always revealing, as it demonstrates the athletes' intentions. A loose grouping of 7 athletes covered that first circuit in 91 seconds. This was pretty much as expected, and with a nagging wind one might reasonably have expected the seven to run together for a while. Michael Taylor (St Neots Riverside / RAF), however, hadn't read that script. The pace wasn't fast enough and he was gone. By 5 miles, reached in a swift 29:13, he'd lapped all but 3 of the others, and by lap 28 (around 7 miles), he was over a lap clear.

Regular visitors to the Barry 40 have seen this strategy before. It's high-risk, particularly in less than favourable conditions. However, Michael's action is beautifully smooth and economical. By 10 miles, reached in 58:22, he was over 2 minutes clear. Behind him, the chasers were involved in shared strategies. Andrew Siggers (Kenilworth Runners) and Andrew Savery (Leamington) were a pair well matched on paper (previous marathon times) and they reached 10 miles together in 60:31. Not far behind them was another likely contender, Adam Stokes (Bristol & West) in 61:51. The local challenge was being spearheaded as expected by James Elgar (MMRT) and Sam Richards (Pontypridd Roadents) in 63:26, with the experienced Jez Bragg (Twemlow Track Club) close behind in 63:35.

These seven were always likely to be the main contenders, and despite being covered by 5 minutes, all still had a realistic chance of victory. The second quarter was pretty much a carbon copy of the first. Race strategies now firmly established, each athlete was now deeply focusing on maintaining rhythm and covering the ground with an economy of effort, whilst paying attention to well rehearsed drinking and feeding patterns. If anything, the pace was marginally quicker in the second 10 miles.

Michael Taylor reached the halfway mark in 1:56:33, the fastest 20 mile split since Simon Pride in 1999. He was now almost 4 minutes clear. The Andrew Siggers/Andrew Savery pairing had split up after 57 laps, with Andrew Siggers now close to a lap clear in second in 2:00:28. Andrew Savery was still third in 2:01:37, but was slowly being reeled in by Adam Stokes (2:01:58), who was running with Andrew Siggers, albeit a lap in arrears. James Elgar and Sam Richards were still virtually together in 2:06:17, with Jez Bragg an isolated but still composed seventh in 2:06:57.

At this stage, despite the variations in pace, it was striking just how fluently everyone was moving - a sure sign of the collective dedication and training for the event. Michael Taylor was merciless. His 4 minute advantage at 20 miles yawned to almost 6 at the marathon distance (2:32:36) and over 7 minutes at 30 miles, reached in 2:54:40. Despite that, we still weren't taking anything for granted. Large advantages at 30 miles don't always guarantee success. Andrew Siggers was still maintaining a remarkably fluent pace in second, clocking 3:01:50 at 30 miles. His advantage over Adam Stokes (3:03:41) had remained consistent at around 500 metres during this section of the race. Andrew Savery had slowed a little in this third quarter, and was now fourth in 3:06:22.

Jez Bragg's experience was now beginning to show as he had moved up to fifth in 3:12:05, with James Elgar sixth in 3:17:58 still contesting the destiny of the Welsh Championship with Sam Richards (3:19:30).

The final 10 miles went past in something of a blur. There were so many "races within the race" it was impossible to follow them all. The ladies race was also close, as was the marathon event. Then it began to dawn on us that the 40 mile winner might actually finish before the marathon winner, something not previously considered.

The majority of the attention was naturally centred on Michael Taylor. At 35 miles there was still no evidence of slowdown, therefore Simon Pride's event record of 3:53:55 from 1999 became a realistic target. It's worth remembering that Pride's run that year was a prelude to him taking the World 100 km title in a new UK record of 6:24:05. Six minute miling was needed for those last 5 miles, but Michael was travelling much faster than that. With his wife and children in the front row of the stand cheering him on, the stadium was immersed in a frenzy of excitement. It was obvious that the record would be broken - but by how much? The final circuit took just 77 seconds and the clock stopped at 3:53:04. Not only an event record, Michael had become the sixth fastest of all time, and the fastest this millennium. The 5 mile split times reveal why: 29:13; 29:09; 29:04; 29:07; 29:00; 29:07; 29:07; 29:17. The slowest of his 161 circuits took just 93 seconds.

Andrew Siggers and Adam Stokes also maintained their rhythm throughout the decisive last quarter to record 4:05:44 and 4:07:19, usually event winning times and elevating them both into the top 30 global times ever run. There was a late change in the minor places with around two miles to run, as Jez Bragg came through to take 4th in 4:18:42, with Andrew Savery 5th in 4:20:40.

James Elgar's sixth placed time of 4:23:20 was 7 minutes faster than his winning run of 12 months ago, whilst Sam Richards held on for 7th in his Barry 40 debut in 4:34:54, no doubt still feeling the after effects of his Brecon to Cardiff run 3 weeks ago.

The four lady entrants appeared fairly evenly matched on paper, and an intriguing battle developed, even though it was hard to follow given the number of athletes on the track. Steph Wilson (Pudsey & Bramley) was the first to show, and passed 5 miles in 39:20 with a two and a half minute lead over Rachel Bowen (Lliswerry) 41:57, Izzy Cairns (Tynebridge) 42:06 and Helen James (100 Marathon Club) 42:36.

Steph's lead stretched to 6 minutes by 10 miles, and 9 minutes by halfway. However, there were subtle changes in the positions, as Helen James moved through to third, and then second. Although 9 minutes in arrears, Helen simply maintained her pace, and the margin began to diminish. Approaching 30 miles, Helen was running 20 seconds per lap faster than Steph, and she took the lead on lap 119. She used all her experience gained in over 200 previous marathon / ultra events and came home a decisive winner in 5:41:02. Just as Michael Taylor had demonstrated metronomic quality, Helen's 5 miles splits were no less exceptional: 42:36; 42:54; 42:21; 42:41; 42:23; 42:45; 42:42; 43:12.

The battle for second lady was tantalisingly close, with Rachel catching Steph with 7 laps to go. Her army of fans from Lliswerry had been cheering her on throughout the race. There were just 68 seconds between Rachel (5:54:03) and Steph (5:55:11) in the end, with Steph kindly acknowledging how much she'd enjoyed the day, and vowing to return in 2021.

Izzy Cairns was clearly having a hard time, but was determined not to quit. This is when ultra runners showed their real mettle, whilst all the other runners and supporters urge them all the way. She finished in 6:46:24, and was understandably a little emotional at the end. Remarkably, and for the first time ever in the 34 year history of the 40 miles, everyone who started also completed.

FOURTH BARRY MARATHON RACE REPORT

The Barry Marathon has now taken on a special significance. The Barry 40 stood alone as a classic for 30 years, but increasingly fewer athletes were entering the event. That may in part be due to an increasingly busy fixture list, and the fact that many athletes find it hard to run the distance in the required time limit. The 40 miles deserves its place as being a cult event, but of course it also needs to be financially viable. This isn't a business, but we aim not to lose money either. Hence the marathon has helped secure the event's future.

The marathon will always be the undercard of the event, but hopefully will also be seen as an option for would-be marathoners who find themselves excluded from major races because of the time implications of on line entry.

This year's marathon attracted 4 entries, three of which were from the host club. As always, each had a very personal reason for running it. The individual positions may not have changed through the race, but it was still pretty close at the end. Veronica Singleton-Lawley, or "Ron" as she is affectionately known, won the marathon in 3:55:52. It was her track debut, though she has won 2 marathons in the past, at Benidorm in 1984 and 1985. Her first marathon was in Cardiff in 1982 when she was 22. Her fastest time, in a career including more than 50 marathons, came at London in 1987 where she ran 3:04:05.

Despite a career move to the Bedford area in 1995, Ron, a former ladies club captain in the 1980s has retained her membership with Les Croupiers since joining in 1983. In recent years, she has been a pacer at the London Marathon, and that experience showed throughout the run.

Second-placed Dave George, by comparison, is a relative newcomer, having made his debut last May at the Newport Marathon, and improving by 20 minutes at Valencia in December in 3:58:05. Dave also judged his effort well, but came perilously close to missing his 4 hour target, the speedwork gained in training coming to good use in the final few hundred yards as he clocked 3:59:56.

Ivan Field, who travelled down from East Kilbride, is very much a man on a mission to run a marathon in every geographical region of the UK. The previous day he ran the Red Kite multi-terrain marathon in nearby Llanharon, and here he clocked 4:35:19.

Finally, Loretta Daley, also in sight of a significant personal landmark, completed her 99th marathon / ultra in 4:58:37, and aims to reach her century at her favourite event, Dartmoor Discovery in June. Loretta now has the unique distinction of having completed all 4 Barry Track Marathons, as well as a hat-trick of Welsh Ultra titles.

ACKNOWLEDGEMENTS

One of the most pleasing features of the day was the 100% survival rate - the first time this has happened - a remarkable testament to the fitness and determination of all concerned. However, no report of an event of this nature is complete without a lengthy list of acknowledgements. Whilst the athletes themselves rightly claim the plaudits, the support crews are also heroes, especially when the weather is unpredictable. Thank you to all the lap scorers for your attention to detail, our feed station attendants, to Mike Humphry from the local council for all his help, to the Vale of Glamorgan Council (especially Eryl) for the use of the stadium, to Martyn Morgan of Ajuda Events for first aid provision, to Gary and Pip Hyatt for all the refreshments on the day, to Welsh Athletics for their continued support, to Brian Williams (Chief Timekeeper), Keith Matthews (Race Starter) and as always, club stalwarts John Griffin (Race Referee) and Paul Stillman (photos).

The History of the Barry 40 - Race Winners and Survival Rates

01 Mar 2020	3:53:04	Michael Taylor (ENG)	5:41:34	Helen James (ENG)
10 Mar 2019	4:30:42	James Elgar (WAL)	4:56:17	Sam Amend (ENG)
11 Mar 2018	4:13:24	Steve Way (ENG)-2	5:20:41	Tracy Dean (ENG)
12 Mar 2017	4:29:16	Alex O'Shea (IRL)	5:57:14	Natasha Farid-Doyle (WAL)
20 Mar 2016	3:54:52	Steve Way (ENG)	5:12:58	Isobel Wykes (ENG) - 2
08 Mar 2015	4:25:15	Grant Jeans (SCO)-2	5:16:58	Isobel Wykes (ENG) - 1
09 Mar 2014	4:24:57	Pieter Vermeesch (BEL) -2	5:56:33	Jayne Angilley (WAL)
24 Feb 2013	4:08:59	Pieter Vermeesch (BEL) -1	5:04:59	Karen Rushton (ENG)
04 Mar 2012	4:32:43	Grant Jeans (SCO)-1	5:50:44	Heather Foundling-Hawker (ENG)
27 Feb 2011	4:24:17	George Dayantis (GRE / ENG)-3	4:47:59	Adela Salt (ENG)
14 Mar 2010	4:31:19	George Dayantis (GRE / ENG)-2	5:04:14	Emily Gelder (WAL)
08 Mar 2009	4:22:57	George Dayantis (GRE / ENG)-1	5:41:19	Maria Zubizarreta (PAR / WAL)
09 Mar 2008	4:20:14	Colin Gell (ENG)	4:52:10	Emma Gooderham (ENG)
11 Mar 2007	4:28:02	Andrew Farquharson (SCO)	5:25:49	Elaine Calder (SCO)
12 Mar 2006	4:29:14	John Pares (WAL)	6:59:21	Loretta Daley (WAL)
06 Mar 2005	4:27:38	Stephen Pope (ENG)	5:12:46	Lizzy Hawker (ENG)
07 Mar 2004	4:08:16	Brian Cole (ENG)	5:15:35	Siri Terjesen (ENG)
02 Mar 2003	4:13:10	Brian Hennessey (ENG)	5:17:50	Samantha Bretherick (WAL)
03 Apr 2002	4:20:03	Mikk Bradley (ENG)	5:27:20	Hilary Walker (ENG)-6
04 Mar 2001	4:11:45	Alan Reid (SCO)	5:01:56	Jackie Leak (ENG)
05 Mar 2000	4:21:57	Chris Finill (ENG)	5:12:09	Hilary Walker (ENG)-5
07 Mar 1999	3:53:55	Simon Pride (SCO)-3	4:35:42	Carolyn Hunter-Rowe-2
01 Mar 1998	4:01:32	Simon Pride (SCO)-2	5:18:41	Hilary Walker (ENG)-4
02 Mar 1997	3:54:24	Simon Pride (SCO)-1	5:05:58	Hilary Walker (ENG)-3
03 Mar 1996	4:10:35	Stephen Moore (ENG)-2		No Lady Finishers
05 Mar 1995	4:17:46	Robin Gardner (ENG)		No Lady Finishers
06 Mar 1994	4:01:28	Stephen Moore (ENG)-1	4:50:11	Eleanor Robinson (ENG)
07 Mar 1993	4:00:20	Mike Hartley (ENG)-2	4:26:43	Carolyn Hunter-Rowe (ENG) -1
01 Mar 1992	4:04:01	Mike Hartley (ENG)-1	5:18:10	Hilary Walker (ENG)-2
07 Jul 1991	4:27:34	Paul Belcher (WAL)	5:14:12	Marianne Savage (ENG)
04 Mar 1990	3:55:21	Erik Seedhouse (ENG)	6:14:49	Kay Pritchard (WAL)
05 Mar 1989	3:59:24	Martin Daykin (ENG)		No Lady Entries
06 Mar 1988	3:58:40	Mick McGeoch (WAL)-2	5:04:30	Hilary Walker (ENG)-1
09 Mar 1986	4:11:32	Mick McGeoch (WAL)-1	4:47:27	Ann Franklin (WAL)

Entries / Starters / Finishers / Gender Split / Completion Rates 1986-2020

DATE	Entries Accepted	Race Starters	Race Finishers (M / F)	Percentage Completion
01 Mar 2020	19	18	18 (14 / 4)	100%
10 Mar 2019	11	11	9 (7 / 2)	82%
11 Mar 2018	13	8	7 (6 / 1)	88%
12 Mar 2017	16	9	6 (5 / 1)	67%
20 Mar 2016	14	13	9 (7 / 2)	69%
08 Mar 2015	24	20	16 (12 / 4)	80%
09 Mar 2014	24	20	15 (14 / 1)	75%
24 Feb 2013	21	18	14 (11 / 3)	78%
04 Mar 2012	25	20	12 (11 / 1)	60%
27 Feb 2011	25	22	16 (12 / 4)	73%
14 Mar 2010	17	15	11 (8 / 3)	73%
08 Mar 2009	20	16	12 (11 / 1)	75%
09 Mar 2008	29	26	23 (21 / 2)	88%
11 Mar 2007	31	23	18 (15 / 3)	78%
12 Mar 2006	30	23	14 (13 / 1)	61%
06 Mar 2005	34	24	19 (17 / 2)	79%
07 Mar 2004	36	28	22 (18 / 4)	79%
02 Mar 2003	55	34	28 (25 / 3)	82%
03 Mar 2002	48	33	27 (25 / 2)	82%
04 Mar 2001	52	33	23 (21 / 2)	70%
05 Mar 2000	50	35	24 (22 / 2)	69%
07 Mar 1999	48	33	25 (23 / 2)	76%
01 Mar 1998	42	28	19 (16 / 3)	68%
02 Mar 1997	44	39	22 (21 / 1)	56%
03 Mar 1996	31	26	17 (17 / 0)	65%
05 Mar 1995	35	17	13 (13 / 0)	76%
06 Mar 1994	38	28	23 (19 / 4)	82%
07 Mar 1993	29	24	17 (16 / 1)	71%
01 Mar 1992	30	27	19 (18 / 1)	70%
07 Jul 1991	19	14	10 (8 / 2)	71%
04 Mar 1990	35	27	22 (21 / 1)	81%
05 Mar 1989	29	25	21 (21 / 0)	84%
06 Mar 1988	33	27	23 (20 / 3)	85%
09 Mar 1986	24	15	11 (10 / 1)	73%
TOTALS	1031	779	585 (518 / 67)	75%

The History of the Welsh Ultra Championships - Men

Date	Gold	Silver	Bronze
01 March 2020	James Elgar (MMRT) 4:23:20	Sam Richards (Pontypridd Roadents) 4:43:54	Rob Kestin (Port Talbot Harriers) 4:44:03
10 March 2019	James Elgar (MMRT) 4:30:42	Richard Elgar (Lliswerry Runners) 4:42:58	Nathan Flear (3Ms Gorseinon) 4:44:59
11 March 2018	Nathan Flear (3Ms Gorseinon) 4:41:26	Steve Speirs (Les Croups) 4:57:46	Paul Ali (Reading Joggers) 5:36:25
12 March 2017	Nathan Flear (3Ms Gorseinon) 4:36:01	Jeremy Mower (Gloucester AC) 4:53:19	Ken Caulkett (Sarn Helen) 4:58:40
20 March 2016	Nigel Davies (Sarn Helen) 5:10:42	Allan Jones (Brackla Harriers) 6:43:02	
08 March 2015	Jason Dickinson (TROTS) 4:35:54	Jason Scanlon (Ponty Roadents) 4:51:40	Jeremy Mower (Gloucester AC) 4:58:20
09 March 2014	Jason Dickinson (TROTS) 4:52:59	Dave Coles (Les Croups) 5:18:26	George Nicholls (Prestatyn AC) 5:27:01
24 February 2013	Jeremy Mower (Gloucester AC) 4:56:02	Phil Adams (Neath Harriers) 5:37:03	George Nicholls (Prestatyn AC) 5:39:02
04 March 2012	Matt Shone (Woodford Green) 4:55:46	Jeremy Mower (Gloucester AC) 5:07:42	Mark Baker (Northbrook AC) 5:14:28
27 February 2011	Mark Baker (Northbrook AC) 5:37:03	Alan Mann (Les Croups) 6:21:37	
14 March 2010	Sean McCormack (Abergele Harriers) 4:52:08	Jeremy Mower (Gloucester AC) 5:03:52	Gary Hyatt (Les Croups) 5:47:45
08 March 2009	Jeremy Mower (Gloucester AC) 5:13:39	Mark Baker (Northbrook AC) 5:31:29	Phil Adams (Neath Harriers) 5:42:35
09 March 2008	Mark Shepherd (Team Kennet) 4:38:54	Jeremy Mower (Gloucester AC) 5:11:29	Mark Baker (Northbrook AC) 5:14:37
11 March 2007	John Pares (Buckley RC) 4:31:20	Tony Holling (Port Talbot Harriers) 5:29:56	David Thomas (3Ms Gorseinon) 5:51:12
12 March 2006	John Pares (Buckley RC) 4:29:14	Andy Cleves (Les Croups) 4:48:49	Jeremy Mower (Gloucester AC) 5:19:26
06 March 2005	Andy Cleves (Les Croups) 4:48:22	Phil Adams (Neath Harriers) 5:01:19	Jeremy Mower (Gloucester AC) 5:12:18
07 March 2004	Andy Cleves (Les Croups) 4:49:59	Dave Coles (Les Croups) 5:02:17	Gary Hyatt (Les Croups) 5:30:46
02 March 2003	Jeff Rees (Neath Harriers) 5:02:48	Alan Mann (Les Croups) 5:16:04	Terry Caveney (Les Croups) 5:22:28
03 March 2002	Andy Cleves (Les Croups) 4:41:02	Lyn Rees (Sarn Helen) 5:01:53	Jeff Rees (Neath Harriers) 5:03:37
04 March 2001	Eric Rees (Sarn Helen) 4:46:08	Phil Adams (Aberdare V) 4:58:38	David Thomas (Sarn Helen) 5:04:37
05 March 2000	Eric Rees (Sarn Helen) 4:38:37	Jeff Rees (Neath Harriers) 4:40:46	Andy Cleves (Les Croups) 4:47:57
07 March 1999	Jeff Rees (Neath Harriers) 4:31:32	Eric Rees (Sarn Helen) 4:43:57	Lyn Rees (Sarn Helen) 4:56:27
01 March 1998	Jeff Rees (Neath Harriers) 4:29:04	Mark Rowberry (Lliswerry) 4:58:04	Lyn Rees (Sarn Helen) 5:01:06
02 March 1997	Tony Holling (Port Talbot Harriers) 4:48:23	Mark Rowberry (Lliswerry) 4:53:21	Eric Rees (Sarn Helen) 5:01:05
03 March 1996	Malcolm Griffiths (Bridgend) 4:33:51	Mark Rowberry (Lliswerry) 4:59:25	Alan Monday (Cardigan) 5:29:45
05 March 1995	Malcolm Griffiths (Bridgend) 4:24:04	Tony Holling (Port Talbot Harriers) 5:12:04	
06 March 1994	Malcolm Griffiths (Bridgend) 4:29:45	Alan Monday (Preseli) 4:54:22	Mark Rowberry (Lliswerry) 4:55:41
07 March 1993	Mick McGeoch (Les Croups) 4:04:13	Malcolm Griffiths (Bridgend) 4:06:12	Paul Gwilym (Newport) 4:16:41
01 March 1992	Gwyn Williams (Club 69) 4:15:13	Malcolm Griffiths (Bridgend) 4:18:28	Bernard Lloyd (Wigan Phoenix) 4:31:20
07 July 1991	Paul Belcher (Les Croups) 4:27:34	Alan Monday (Preseli) 5:13:30	Brian Adamson (Bridgend) 5:33:17
04 March 1990	Mick McGeoch (Les Croups) 4:06:34	Gwyn Williams (Club 69) 4:17:35	Paul Sutton (SGIHE) 6:57:57

The History of the Welsh Ultra Championships - Ladies

Date	Gold	Silver	Bronze
01 March 2020	Rachel Bowen (Llswerry Runners) 5:54:03		
10 March 2019	Rachel Bowen (Llswerry Runners) 5:53:39		
11 March 2018	No lady finishers		
12 March 2017	Natasha Farid-Doyle (Les Croups) 5:57:14		
20 March 2016	No lady finishers		
08 March 2015	Natasha Farid-Doyle (Les Croups) 5:33:47	Jayne Angilley (Cornwall AC) 6:05:05	
09 March 2014	Jayne Angilley (Cornwall AC) 5:56:33		
24 February 2013	Natasha Doyle (Virgin Active Cardiff RC) 6:04:51	Jeni Richards (Abergele Harriers) 6:08:09	
04 March 2012	No lady finishers		
27 February 2011	Jen Salter (Les Croups) 5:09:15	Loretta Daley (Les Croups) 5:50:48	
14 March 2010	Emily Gelder (Dulwich Runners) 5:04:14	Jen Salter (Les Croups) 5:19:21	Loretta Daley (Les Croups) 5:55:15
08 March 2009	Maria Zubizarreta (Les Croups) 5:41:19		
09 March 2008	Loretta Daley (Les Croups) 7:16:13		
11 March 2007	Loretta Daley (Les Croups) 6:05:15		
12 March 2006	Loretta Daley (Cardiff) 6:59:21		
06 March 2005	Fiona Davies (Bridgend) 6:25:12		
07 March 2004	Amanda Elias (Port Talbot Harriers) 7:17:29		
02 March 2003	Samantha Bretherick (Chiltern Harriers) 5:17:50		
03 March 2002	No lady finishers		
04 March 2001	No lady finishers		
05 March 2000	No lady finishers		
07 March 1999	No lady finishers		
01 March 1998	Dawn Kenwright (Sarn Helen) 5:33:18	Christine Lloyd (Neath Harriers) 6:42:41	
02 March 1997	No lady finishers		
03 March 1996	No lady finishers		
05 March 1995	No lady finishers		
06 March 1994	No lady finishers		
07 March 1993	No lady finishers		
01 March 1992	No lady finishers		
07 July 1991	No lady finishers		
04 March 1990	Kay Pritchard (Les Croups) 6:14:49		

World All-Time 40 Mile Track Rankings as of 1st March, 2020 (to 4:15)

<u>Rank/Time</u>	<u>Athlete</u>	<u>Venue</u>	<u>Year</u>
1. 3:48:35	Don Ritchie (Forres Harriers)	Barnet	1982
2. 3:49:32	Joe Keating (Ealing & Southall)	Ewell	1973
3. 3:49:49	Alastair Wood (Aberdeen)	Pitreavie	1969
4. 3:49:56	Lynn Hughes (Thames Valley)	Cardiff	1970
5. 3:52:17	Cavin Woodward (Leamington)	Ewell	1978
6. 3:53:04	Michael Taylor (St Neots Riverside/RAF)	Barry	2020
7. 3:53:36	Jeff Julian (New Zealand)	Auckland	1969
8. 3:53:42	Tom O'Reilly (Small Heath)	Crystal Palace	1976
9. 3:53:55	Simon Pride (Keith & District)	Barry	1999
10. 3:54:52	Steve Way (Bournemouth AC)	Barry	2016
11. 3:54:53	Phil Hampton (Royal Navy)	Cardiff	1970
12. 3:55:21	Erik Seedhouse (City of Hull)	Barry	1990
13. 3:58:40	Mick McGeoch (Les Croupiers)	Barry	1988
14. 3:59:24	Martin Daykin (Hereford Couriers)	Barry	1989
15. 4:00:20	Mike Hartley (Cannock & Stafford)	Barry	1993
16. 4:01:28	Stephen Moore (Hertford & Ware)	Barry	1994
17. 4:03:28	John Tarrant (Salford Harriers)	Cardiff	1966
18. 4:03:47	Ian Burgess (Southampton & Eastleigh)	Crystal Palace	1976
19. 4:04:09	Alan Phillips (Norfolk Gazelles)	Walton	1966
20. 4:04:34	Gerald Walsh (South Africa)	Walton	1957
21. 4:04:42	Mike Newton (South London Harriers)	Ewell	1976
22. 4:05:35	Arthur Keily (Derby & County)	Walton	1957
23. 4:05:44	Andrew Siggers (Kenilworth Runners)	Barry	2020
24. 4:06:12	Peter Sugden (Reading)	Barnet	1982
24. 4:06:12	Malcolm Griffiths (Bridgend)	Barry	1993
26. 4:07:11	Gwyn Williams (Club 69, Tredegar)	Barry	1989
27. 4:07:19	Adam Stokes (Bristol & West)	Barry	2020
28. 4:07:33	Dragan Isailovic (Australia)	East Burwood	1993
29. 4:08:07	Alan Smith (Burton)	Cobham	1980
30. 4:08:09	Jan Knippenberg (Netherlands)	Crystal Palace	1978
31. 4:08:16	Brian Cole (Royal Marines)	Barry	2004
32. 4:08:31	Ken Young (United States)	Chicago	1972
33. 4:08:59	Peter Vermeesch (Belgium)	Barry	2013
34. 4:09:28	Mick Orton (Tipton Harriers)	Crystal Palace	1978
35. 4:09:35	Mario Ardemagni (Italy)	San Giovanni Lupatoto, ITA	2003
35. 4:09:46	Fred Howell (Tipton Harriers)	Ewell	1976
36. 4:09:50	Mike Down (Westbury Harriers)	Cardiff	1970
37. 4:10:04	Zach Bitter (United States)	Phoenix, USA	2019
38. 4:10:16	Bernard Gomersall (Leeds City)	Ewell	1968
39. 4:10:34	Mick Molloy (Oughterard, Eire)	Crystal Palace	1978
40. 4:11:38	Gordon Bentley (Tipton Harriers)	Cardiff	1972
41. 4:11:45	Alan Reid (Peterhead AAC)	Barry	2001
42. 4:12:23	Robin Gardner (Road Runners Club)	Barry	1994
43. 4:12:30	Helmut Urbach (West Germany)	Dieburg	1975
44. 4:12:40	Martin Thompson (Australia)	Ewell	1978
45. 4:13:10	Brian Hennessey (Crawley AC)	Barry	2001
46. 4:13:32	George Kay (Stafford AC)	Ewell	1979
47. 4:13:50	Herman Mulder (London Irish)	Barry	2004
48. 4:14:05	Tom Malone (South Africa)	Walton	1966
49. 4:14:12	Peter Bennett (Reading AC)	Ewell	1967
50. 4:14:18	Don Turner (Epsom & Ewell)	Walton	1960
51. 4:14:21	Dave Dowdle (Gloucester AC)	Barnet	1983
52. 4:14:30	Ron Bentley (Tipton Harriers)	Cardiff	1970
53. 4:14:59	Andrew Tuckey (Bridgend AC/Australia)	Barry	2016

World All-Time 40 Mile Track Ladies Rankings as of 1st March, 2020 (to 5:00)

<u>Rank/Time</u>	<u>Athlete</u>	<u>Venue</u>	<u>Year</u>
1. 4:26:43	Carolyn Hunter-Rowe (Pudsey & Bramley)	Barry	1993
2. 4:34:54	Ann Trason (United States)	Nantes	1996
3. 4:35:29	Norimi Sakurai (Japan)	Verona	2003
4. 4:38:36	Ricarda Botzon (Germany)	Amelinghausen	2002
5. 4:42:42	Valentina Liakhova (Russia)	Nantes	1996
6. 4:42:50	Donna Perkins (United States)	Nantes	1996
7. 4:46:44	Maria Venancio (Brazil)	Sao Paulo	2000
8. 4:47:27	Ann Franklin (Mynyddwr de Cymru)	Barry	1986
9. 4:47:59	Adela Salt (Trentham RC)	Barry	2011
10. 4:49:09	Birgit Lennartz (Germany)	Ottweiler(Ger)	2000
11. 4:50:11	Eleanor Robinson (Border Harriers & AC)	Barry	1994
12. 4:51:52	Linda Meadows (Australia)	East Burwood	1994
13. 4:52:10	Emma Gooderham (Malvern Joggers)	Barry	2008
14. 4:53:54	Hilary Walker (Serpentine)	Tooting Bec	1993
15. 4:54:48	Huguette Jouault (France)	Nantes	1996
16. 4:55:52	Leslie Watson (London Olympiades)	Barnet	1983
17. 4:56:17	Sam Amend (Belgrave Harriers)	Barry	2019
18. 4:59:29	Karen Rushton (South West Vets)	Barry	2011
19. 4:59:34	Monika Kuno (Germany)	Vogt	1983
20. 4:59:58	Livina Petrie (Australia)	East Burwood	1993

